

# NELSON

## ADMISSION, HOURS + SCHEDULES

March 30 to  
June 28, 2026



To view the guide and register online visit [rdck.ca/recreation](http://rdck.ca/recreation) or call 250.354.4386



Last updated: April 7



**NDCC**  
Nelson & District  
Community Complex

# SPRING HOURS

March 30 – June 28, 2026

**FULL FACILITY CLOSURE FOR STAFF TRAINING:** April 15  
**POOL CLOSED FOR SWIM MEET:** May 30, 31

Hours of Operation are subject to change

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	9:00am - 7:00pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:30pm	8:00am - 8:00pm
FITNESS CENTRE	9:00am - 7:00pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	8:00am - 8:00pm

**POOL ENTRANCE AGE:** Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arms' reach of a responsible adult 16 years of age or older who is in the water providing active supervision. Each adult may supervise a maximum of 3 children.

## GENERAL ADMISSION RATES

	DROP-IN	10-PUNCH*
Child (0-4)	Free	-
Youth (5-18)	\$4.19	\$37.71
Adult (19-74)	\$8.38	\$75.42
Golden Guest (75+)	Free	-
Family (2 adults and up to 4 dependent children)	\$16.76	-

Prices do not include taxes. \*10-punch passes expire 12 months from date of purchase

- Leisure Access Program rates apply.
- Reservations are available for specific programs in advance.
- Youth 13-15 years of age are required to participate in the Youth Weight Room orientations before they can access the Fitness Centre.

## ACTIVE PROGRAM

The Active Program is a time-based membership that gives pass-holders unlimited general admission to: Public Swim, Lane Swim, Hot Tub, Fitness Centre, Included with Admission group fitness classes, Public Skate, and Shiny Hockey. Prices do not include tax.

	ACTIVE PROGRAM FEES		
	1 Month	3 Month	6 Month
Adult	\$75.42	\$192.32	\$339.39
Youth	\$37.71	\$96.16	\$169.70
2nd Adult	\$67.89	\$173.09	\$305.45
2nd Youth	\$33.94	\$86.54	\$152.73

**Terms and conditions:** To qualify for the 2nd Adult or 2nd Youth pass discount, the first pass must be an adult passholder from the same household. Both passes must be purchased at the same time and for the same duration.

## HOLIDAY HOURS

### HOLIDAY CLOSURES

Easter Sunday  
 Canada Day  
 BC Day  
 Labour Day  
 Truth & Reconciliation Day

### HOLIDAYS OPEN 1:00 - 5:00pm

Good Friday  
 Victoria Day  
 Thanksgiving Day

## LEISURE ACCESS PROGRAM

The Leisure Access Program helps residents of all ages living in the RDCK who are in financial hardship access RDCK recreation services.

This program provides further subsidy on general admission, membership services, and most registered programs. Individuals and families are welcome to apply.

A Leisure Access Pass is valid for up to one year and will expire every May 31.



Register Online: [rdck.ca/recreation](https://rdck.ca/recreation)

Or Register by Phone: 250.354.4386

# POOL SCHEDULE

March 30 – June 28, 2026

**CHECK PAGE 2 FOR CLOSURES AND HOLIDAY HOURS!**

Schedule is subject to change. Please visit [www.rdck.ca/recreation](http://www.rdck.ca/recreation) for up to date information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAPS & LEISURE 6:00 - 8:00am	LEISURE SWIM 6:00am - 12:00pm	LAPS & LEISURE 6:00 - 8:00am	LEISURE SWIM 6:00am - 12:00pm	LAPS & LEISURE 6:00 - 8:00am		
AQUA STEP & STRENGTH 9:00 - 10:00am	CARDIO CORE 9:00 - 10:00am		AQUA RUNNING 9:00 - 10:00am		LAPS & LEISURE 8:00 - 9:00am	
CARDIO JAMS 10:30 - 11:30am	GENTLE JOINTS 10:30 - 11:30am		TOTAL BODY AQUAFIT 10:30 - 11:30am		LEISURE SWIM 9:00am - 12:00pm	LEISURE SWIM 9:00am - 1:00pm
LEISURE SWIM 8:00am - 8:00pm	HUSH SWIM & SOAK 12:00 - 1:30pm	LEISURE SWIM 8:00am - 8:00pm	HUSH SWIM & SOAK 12:00 - 1:30pm	LEISURE SWIM 8:00am - 5:00pm		
	LAPS & LEISURE 1:30 - 3:00pm		LAPS & LEISURE 1:30 - 3:00pm			
	LEISURE SWIM 3:00 - 8:00pm		LEISURE SWIM 3:00 - 8:00pm		FUN SWIM 12:00 - 6:00pm	FUN SWIM 1:00 - 6:00pm
				FUN SWIM 5:00 - 9:30pm	LEISURE SWIM 6:00 - 8:00pm	LEISURE SWIM 6:00 - 7:00pm
LAPS & LEISURE 8:00 - 9:15pm	LAPS & LEISURE 8:00 - 9:15pm	LAPS & LEISURE 8:00 - 9:15pm	LAPS & LEISURE 8:00 - 9:15pm			

\*Admission Policy: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arms' reach of a responsible adult 16 years of age or older who is in the water providing active supervision. Each adult may supervise a maximum of 3 children.

<b>Leisure Swim</b> Pool layout at lifeguards' discretion based on users in the pool.	<b>Laps &amp; Leisure</b> 3 lanes, teach pool, leisure pool and hot areas available.	<b>Fun Swim</b> No lap lane guaranteed. A fun feature (diving board, slide, rope swing, or cliff) will be open.	<b>Included with Admission Program</b> See program guide for details	<b>Hush Sensory Friendly Swim &amp; Soak</b> Inclusive quiet leisure swim. Music and all water features will be off and not available for this time.
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# FITNESS SCHEDULE

March 30 – June 28, 2026

**CHECK PAGE 2 FOR CLOSURES AND HOLIDAY HOURS!**

Schedule is subject to change. Please visit [www.rdck.ca/recreation](http://www.rdck.ca/recreation) for up to date information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SPIN</b> 6:00 - 7:00am	<b>SPIN</b> 6:00 - 7:00am			<b>SPIN</b> 6:00 - 7:00am		
	<b>BARRE</b> 8:00 - 9:00am	<b>INTERMEDIATE WEIGHT ROOM GROUP CIRCUIT</b> 8:00 - 9:00am		<b>INTRO TO STEP</b> 8:00 - 9:00am		<b>SWAT</b> 7:45 - 8:45am
<b>WORK TO PROGRESS</b> 9:00 - 10:30am	<b>WORK TO PROGRESS</b> 9:00 - 10:30am	<b>WORK TO PROGRESS</b> 9:00 - 10:30am		<b>POWER HOUR</b> 9:15 - 10:15am	<b>WEEKEND WARRIOR</b> 9:00 - 10:00am	
	<b>STEP</b> 9:15 - 10:15am	<b>FULL BODY SCULPT</b> 9:15 - 10:15am	<b>LOWER BODY STRENGTH</b> 9:15 - 10:15am			
<b>SILVER STRENGTH</b> 10:30 - 11:30am	<b>YOGA MOBILITY FUSION</b> 10:30 - 12:00pm	<b>BABY AND ME</b> 10:30 - 11:30am	<b>FIT 4 LIFE</b> 10:30 - 11:30am	<b>HATHA FLOW YOGA</b> 10:30 - 12:00pm		<b>HATHA FLOW YOGA</b> 10:30 - 12:00pm
				<b>WORK-OUT OF THE DAY</b> Come Anytime Between 11:00 - 1:00pm		
<b>STEP</b> 12:10 - 12:55pm		<b>CORE CONDITIONING</b> 12:10 - 12:55pm				
<b>BALANCE AND MOBILITY</b> 1:15 - 2:15pm		<b>CHOOSE TO MOVE</b> 1:15 - 2:15pm				
		<b>STRONG AND STEADY</b> 1:30 - 2:30pm <i>North Shore Hall</i>				
			<b>BALANCE AND MOBILITY</b> 2:30 - 3:30pm			
<b>CARDIO BOXING AND STRENGTH</b> 4:00 - 5:00pm			<b>SPIN AND SCULPT</b> 3:45 - 4:45pm	<b>CORE CONDITIONING</b> 3:45 - 4:45pm		
<b>SPIN AND SCULPT</b> 5:15 - 6:15pm	<b>HIIT</b> 5:15 - 6:15pm	<b>STEP</b> 5:15 - 6:15pm		<b>HIIT</b> 5:00 - 6:00pm		
<b>CLASSICAL HATHA YOGA</b> 6:45 - 8:15pm		<b>CLASSICAL HATHA YOGA</b> 6:45 - 8:15pm				

\*Participants must be 15 years of age to attend classes

<b>Included with Admission Program</b> See Program Guide for details.	<b>Pre-Registered Program</b> See Program Guide for details.
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# DRY FLOOR SCHEDULE

April 20 - June 30, 2026

Schedule is subject to change. Please visit [www.rdck.ca/recreation](http://www.rdck.ca/recreation) for up to date information..

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Drop-in Sports</b> 8:00am - 6:00pm	<b>Drop-in Sports</b> 8:00am - 6:00pm	<b>Drop-in Sports</b> 8:00am - 5:00pm	<b>Drop-in Sports</b> 8:00am - 6:00pm			<b>Roller Hockey Stick &amp; Puck</b> 1:30 - 2:30pm <i>Starting May 3rd</i>
						<b>Public Roller Skating/Blading</b> 2:45 - 4:15pm <i>Starting May 3rd</i>
		<b>Roller Hockey Stick &amp; Puck</b> 5:30 - 6:30pm <i>Starting May 8th</i>		<b>Street Hockey U10</b> 4:30 - 5:30pm		
				<b>Street Hockey U13</b> 5:30 - 6:30pm		
				<b>Street Hockey U16</b> 6:30 - 7:30pm		

**INCLUDED WITH ADMISSION PROGRAM**  
 See Program Guide for details

**PRE-REGISTERED PROGRAM**  
 See Program Guide for details



# ARENA SCHEDULE

March 30 – April 10, 2026

**CHECK PAGE 2 FOR CLOSURES AND HOLIDAY HOURS!**

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MON 30	TUE 31	WED 1	THU 2	FRI 3	SAT 4	SUN 5
			<b>Adult Stick &amp; Puck</b> 11:45 - 12:45pm			
				<b>Public Skate</b> 2:00 - 4:00pm	<b>Public Skate</b> 1:00 - 2:30pm	
<b>Family Stick &amp; Puck</b> 5:45 - 6:45pm	<b>Youth Shinny</b> 4:45 - 5:45pm  <b>Public Skate</b> 6:00 - 7:00pm	<b>Public Skate</b> 5:45 - 6:45pm				
MON 6	TUE 7	WED 8	THU 9	FRI 10		
	<b>Public Skate</b> 10:00 - 11:00am  <b>Youth Shinny</b> 4:45 - 5:45pm					
		<b>Public Skate</b> 5:45 - 6:45pm				

**Skate Rentals \$2.85 + tax    Helmet Rentals \$.95 + tax**